

Sweet Relief!



Here are some tips to reduce the amount of sugar in your diet.

- Use less of all sugar including: white sugar, brown sugar, honey, jam and jelly, and syrups.
- Eat less food that is high in sugar including: soft drinks, juice drinks, candy, cakes, cookies, ice-cream, and frozen yogurt.
- Choose canned or frozen fruits processed without added sugar.
- Substitute fruit juices mixed with sparkling water for soft drinks.
- Buy unsweetened cereals and sweeten with sliced fruit.
- Try reducing the amount of sugar in recipes. You can usually cut the sugar by 1/2 cup or more without compromising flavor.
- Try using heated cinnamon applesauce over pancakes and waffles instead of syrup.
- Try mashed bananas instead of jams or jelly on bread or sandwiches.
- Use dried fruits as a sweet snack instead of candy.

Empty Calories

Empty calorie foods are low in nutrients and high in calories. Many sweet treats fall in this category and have high calories but little or no nutritional value.

Read the Labels!

Here are some of the names that sugar masquerades under:

- Sucrose • Maltose • Molasses • Dextrose • Invert sugar • Levulose
- Fructose • Corn syrup • Brown sugar • High fructose corn syrup
- Glucose • Turbinado sugar

If any of these are listed first in the ingredient list, then the food is high in sugar.

The Great Fakes!

These spices are great at enhancing the sweetness already in foods. Use them to perk up flavors and reduce sugar content.

- Allspice • Cardamon • Cinnamon • Cloves • Fennel • Ginger • Nutmeg

Try extracts of maple, coconut, banana and chocolate to also enhance sweetness.

Michigan Department
of Community Health



James K. Haveman, Jr., Director

MDCH is an Equal Opportunity Employer, Services and Programs Provider.

10,000 printed @ 13.12 cents each with a total cost of \$1,312.

Sugar Content of Selected Foods

Food	Teaspoons of Sugar/Serving
Fruit drink (12 ounces)	12
Chocolate milk shake (10 ounces)	9
Soft drink (12 ounces)	8
Yogurt, fruit flavored (1 cup)	7
Cake, frosted (1/16 of a cake)	5
Sherbet (1/2 cup)	5

Honey vs. Sugar

Some people believe that honey is a more natural and healthy form of sugar. Yet:

1 teaspoon of honey = 22 calories; 1 teaspoon of sugar = 13 calories.

Honey is also susceptible to growth of botulism — a deadly food poison. Infants less than one year of age should not be fed foods with honey.

Sugars and Your teeth

Foods that have sugar, especially those that are sticky and cling to your teeth, can cause cavities. It is important to remember to brush your teeth well after eating foods with sugar. This includes even healthy snacks such as dried fruits which can stick to your teeth, and starchy foods that don't taste sweet such as crackers and chips.

Artificial Sweeteners

Many beverages such as soft drinks, hot chocolate mixes, fruit flavored drinks, and desserts, candies, yogurt, cereal, and treats are now artificially sweetened with Aspartame (Equal, Nutra-Sweet), Sucralose (Splenda), Saccharin (Sweet'nLow) and Acesulfame (Sunnette, Sweet One). These additions add the sweet flavor many people crave and they can help save on calories. But doubts about the safety of the food additives continue. Here are some tips for using artificial sweeteners:

- Artificial sweeteners will not make you lose weight. But if you are trying to lose some extra pounds and are making healthy choices and exercising, then choosing foods that are artificially sweetened may help you cut back on calories.
- Artificially sweetened foods and beverages will not prevent tooth decay. Any time you eat a food with carbohydrates, either with or without artificial sweeteners, tooth decay is a possibility. To prevent cavities, brush your teeth and get regular dental checkups.
- Sugar alcohols such as xylitol, mannitol, sorbitol, do not promote tooth decay and so are often found in chewing gums. They do contain calories, though.
- While artificial sweeteners are assumed to be safe for children and pregnant women, for thirst quenchers, water, fruit juices and low-fat milk are the healthiest choices.